

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant Q

How does the Spirit move across the Face of the Earth?

The Story of Participant Q

As the only girl in a family with 5 boys, she would have had a special role in the family. However, she spent the first 18 months of her life in a hospital. By the time she did come “home” it didn’t feel like home. “I was never really a part of the family.”

In her own words, she lived in a fantasy world. “I was a fairy-child, frail and light skinned. I had my spirit friends.” She had an out-of-body experience quite early in her life. One day she was playing in a friend’s garden and the next thing she knew she was at the top of the roof of the shed looking down on the garden. “I had a great sense of freedom even as it was quite scary.”

From the age of 7 to 9, she was back in the hospital a great deal. It wasn’t a difficult time for her, because “my imaginative world is where I could be more active than in the real world with adults and older brothers.”

As she grew up, being outdoors was one of the real blessings of her life. She had many health issues that made her physical existence a constant reminder of her tenuous ties to this world. “My illnesses were a manifestation of my fairyness, my not fully being here- ness.”

Understanding Transpersonal Experiences

- The me-ness that is inside is looking out of the eyes of my body. I have gotten most of my lessons through my body. Pain is no stranger to me. The way I can receive those messages now are very different. I once was very ambivalent about being here, in this body, but now I feel very complete.

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

I lived in a fantasy world. I was a fairy-like child. I had my spirit friends. People would tell me their stories when I was young rather than the other way around. I tended to be rather quiet. I was a listener.

- Professionally trained dancer.

- Started and currently runs a physical therapy practice.
- Previously made her living as an author. Writer of plays, short stories, and articles for magazines.
- Spent her early career as a teacher (K-12). Also taught canoeing and rowing. Did further qualifications in theater and drama.
- Canoeing, rowing, yoga. Feldenkrais practitioner

Other Personal Development Activities

- Developed a wide repertoire of physical skills in things like skiing, canoeing, rowing, and dance. Studied qigong under Chow Ming. Became a Feldenkrais practitioner.

Anticipation of Liminal States

- Making a conscious decision to live in this world

Playfulness Towards Life

- I built up a lucrative practice [as a writer], went on tour and was featured regularly in the media. The part of me that was flying wasn't the part that was meant to fly. A near death experience in an automobile accident brought me back in the groove again.
- Compassion for Oneself and Others
- I spent the first 18 months of my life in the hospital. I guess I didn't really want to be here very badly because I have had a long-term relationship with the thin veil that separates the Here from the There. Over the course of my life I have spent many years in various hospitals having suffered from Crone's disease and survived 4 near death experiences.

Reflections

The self-healing I did at TMI has been so instrumental in the work I do now. The guidance I received was that "I had to learn how to stay." I had been ambivalent about being human and here on this planet. I kind of arrived with a great deal of enthusiasm but was unimpressed with what I found. I came away from TMI making a commitment to be here now and it has been the major transformation in my life.